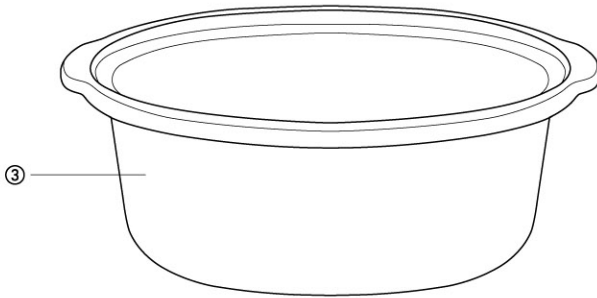
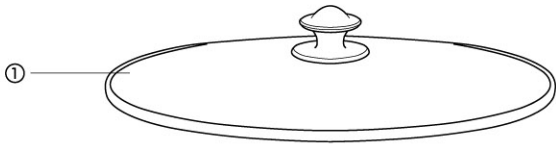


KENWOOD



SLOW COOKER
CP650 / CP657 series



know your slow cooker

Your Kenwood slow cooker will help you prepare nutritious hot meals even when you cannot be in the kitchen all the time to prepare the meals. Follow these instructions carefully to ensure safe and enjoyable use of your Kenwood slow cooker.

safety

When using electrical appliances basic safety precautions should always be followed, including the following:-

1. Read all instructions.
2. Do not immerse appliance, cord or plug in water or other liquid.
3. Do not use the appliance if it is damaged.
4. Do not use the appliance outdoors.
5. Do not touch hot surfaces.
6. Do not use the appliance on a heat sensitive surface.
7. Do not let the cable hang over the edge of the table, counter or touch hot surfaces.
8. Do not place on or near a hot gas or electric burner or in a heated oven.
9. Do not use the appliance for other than its intended use.
10. The appliance is not intended for use by young children or infirm persons without supervision.
11. The use of attachments not recommended by the appliance manufacturer may cause injury.
12. Young children should be supervised to ensure that they do not play with the appliance.

before using for the first time

1. Remove all packaging.
2. Wash the parts : see 'cleaning'.

key

- | | |
|----------|----------------|
| ① Lid | ④ Base |
| ② Handle | ⑤ Control knob |
| ③ Crock | |

using your Kenwood slow cooker

- Slow cooking has for long been the best way to prepare hot nutritious meals minimum preparation time and without the need to be in the kitchen while the cooking is taking place.
- Many recipes require cooking throughout the day. If you do not have enough time to prepare the recipe during the morning, you can usually prepare the ingredients the night before. They can be put into the crock and it can be left covered in the refrigerator overnight. In the morning the crock can be put into the slow cooker base, the temperature setting selected and the power switched on.

- Do not cook meat or poultry starting from frozen because meat or poultry need at least 7- 8 hours cooking on low from room temperature. Thaw any frozen meat or poultry before starting slow cooking.
- The Lid does not make a tight fit with the crock but does help retain moisture and heat. **Do not remove the lid unless necessary.** If you do need to remove the lid, you may need to allow an extra 10 minutes cooking time.
- Slow cooking retains more moisture than conventional cooking. If at the end of cooking there is too much liquid left, remove the lid and simmer on high to reduce the liquid. This may take 30 - 40 minutes.

auto function

- The 'auto' setting allows you to set the slowcooker to cook food during the day and for it to be ready to serve 8 -10 hours later.
- When set to Auto the slowcooker will start cooking on High power until the food reaches cooking temperature. It then switches to Low power and then maintains a constant low cooking temperature.
- The cooking period can be lengthened or shortened part way through by switching from Auto to Low or High according to your preference.

caution

- When removing the lid, **tilt it away from you** so any steam goes away from you.
- The crock becomes very hot during cooking. **Use hot mitts when handling the crock** or leave the crock in the base and handle the base by it's handles.
- Do not heat the crock when empty and **never put the crock on a gas burner or electric element.** Do not put the lid in a microwave or in an oven.

cooking tips

- Cut vegetables and meat into smaller sized pieces for even cooking
- When cooking both meat and vegetables, put the vegetables in the crock first, then put the meat on top.
- Meat should have excess fat trimmed off . Meat can be floured and browned first which helps tenderise the meat and enhance flavours.
- If cooking soups or large casseroles make sure there is 5 cm of space between the top of the crock and the food surface to allow for simmering.
- When cooking joints of meat, poultry etc, the size and shape of the joint is important. Keep the joint in the lower 2/3s of the crock because the elements run around the base walls to that height. For large pieces of beef, lamb or chicken it is not necessary to add liquid. For corned beef or pot roast add only enough liquid to just cover the meat.

recipes

Remember that these recipes can be adjusted for your own tastes and to achieve the desired thickness of casseroles and soups.

If you are adapting an existing recipe from conventional cooking you may need to reduce the amount of liquid used. In slow cooking, liquid does not evaporate as much as with conventional cooking.

Vegetable Soup - serves 4 to 6

Low 6 - 8 hours

High 3 - 4 hours

- | | |
|--|--------------------------------------|
| - 2 onions, peeled and chopped | - 1.5 litres boiling vegetable stock |
| - 2 cloves garlic, minced | - 45 ml tomato puree |
| - 1.5 kg prepared mixed vegetables,
such as potatoes, celery, leeks | - 30 ml chopped mixed herbs |
| - carrots, parsnips | - salt and pepper to taste |

1. Place vegetables in the crock. Pour in boiling stock, add herbs and season with salt and pepper. Mix well.
2. Cover and cook on Low or High, as recommended.

Hungarian Beef Goulash - serves 4 to 6

High 2 hours plus

Low 2 - 3 hours or

Low 7 - 8 hours

- | | |
|--------------------------|-------------------------------------|
| - 30 ml oil | - 5 ml caraway seeds |
| - 1 kg goulash beef | - 400 - 410 g can of diced tomatoes |
| - 2 onions, chopped | - 300 ml boiling beef stock |
| - 1 clove garlic, minced | - 2 carrots, sliced |
| - 15 ml flour | - 1 red pepper (capsicum) diced |
| - 10 ml paprika | - Sour cream to serve |

1. Heat the oil in a pan, add meat, onions & garlic. Fry, stirring, for 5 minutes. Stir in flour, paprika & caraway seeds, stirring well.
2. Put mixture into the crock, Add tomatoes, stock, carrots & red pepper.
3. Cover with lid and cook on High for 2 hours, then reduce heat and cook on Low for 2 - 3 hours or cook on Low for 7 to 8 hours as recommended. Serve with sour cream.

Spiced Lamb and vegetable Casserole - serves 4 to 6

Low 6 - 8 hours

High 4 - 5 hours

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|--|---|
| - 1.5 kg neck of lamb, diced | - 10 ml ground coriander |
| - 45 ml flour | - 8 ml ground cummin |
| - 5 ml salt | - 8 ml ground cinnamon |
| - 3 ml pepper | - 5 ml black pepper |
| - 45 ml oil | - 400 - 410 g can of diced tomatoes |
| - 2 onions, sliced | - 30 ml tomato paste |
| - 1 green pepper (capsicum), sliced | - 15 ml brown sugar |
| - 15 ml freshly grated ginger root | - 600 ml boiling beef stock |
| - 2 cloves garlic, minced | - 300 g butternut squash,
peeled and cubed |
| - 1 green chilli pepper, seeded &
chopped | - 2 potatoes, cubed |

1. Mix the flour, salt & pepper. Dredge the meat in the mixture. Heat oil in pan & brown the meat. Place the browned meat in the crock
2. Add the other ingredients except squash and potatoe. Mix well.
3. Cover with lid and cook on Low or High as recommended, adding squash and potatoes for the last hour of the cooking time.

Oxtail Stew - serves 4 to 6

Low 6 - 8 hours

High 4 - 5 hours

- | | |
|--|----------------------------------|
| - 2.5 kg oxtail, diced | - 2 cloves garlic, minced |
| - 60 ml flour mixed with salt & pepper | - 1 bay leaf |
| - 45 ml oil | - 2 sprigs each thyme & oreganum |
| - 750 ml boiling beef stock | - 3 ml grated nutmeg |
| - 2 x 400-410 ml cans of diced
tomatoes | - salt & pepper to taste |
| - 45 ml tomatoe paste | - 2 sticks celery, sliced |
| - 5 ml brown sugar | - 2 large carrots, sliced |
| | - 2 potatoes, peeled & cubed |

1. Dredge the oxtail in the seasoned flour. Heat oil in a pan & brown the meat. Place the meat in the crock.
2. Add remaining ingredients except celery, carrots & potatoes.
3. Cook on Low or High as recommended, adding vegetables for the last hour of cooking.

One Pot Chicken & Vegetables - serves 4 to 6

High 2 hours plus Low 3 - 4 hours

- | | |
|--|------------------------------------|
| - 30 ml oil | - 1 onion, thickly sliced |
| - 1 whole chicken | - 1.2 litres boiling chicken stock |
| - 750 g vegetables, such as potatoes,
parsnips, carrots | |

1. Wash and dry chicken and season with salt and pepper
2. Heat 30 ml oil in a large frying pan and brown chicken on all sides.
3. Place vegetables and onion in the crock and add the chicken and stock.
4. Cover and cook on High for 2 hours, then on Low for 3 to 4 hours.
5. Turn the chicken over halfway through the "low" cooking time.

Hawaiian Pork Casserole - serves 4 to 6

Low 7 - 9 hours High 4 - 6 hours

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|--------------------------------------|---|
| - 2 onions, peeled and chopped | - 1.2 litres boiling meat or vegetable
stock |
| - 2 cloves garlic, minced | |
| - 2 green peppers, seeded and sliced | - 60 ml dry sherry |
| - 250 g button mushrooms, sliced | - 1 x 410 g can pineapple chunks |
| - 1.5 kg pork fillet | - salt and pepper to taste |

1. Place all ingredients in the crock and mix well.
2. Cover and cook on Low or High as recommended.

Ratatouille - serves 4 to 6

Low 7 - 9 hours

- | | |
|---|---|
| - 2 onions, peeled and sliced | - 450 g tomatoes, peeled and
chopped |
| - 2 cloves garlic, peeled and minced | |
| - 2 green peppers, seeded and
chopped | - 2 x 410 g cans chopped tomatoes
and liquid |
| - 2 aubergines (brinjal) thinly sliced | - 30 ml tomato puree |
| - 450 g courgettes (baby marrow),
sliced | - 600 ml boiling water |
| | - salt and pepper to taste |

1. Place onions, garlic, peppers, aubergines, courgettes and tomatoes in the crock.
2. Place canned tomatoes in a saucepan and bring to the boil.
3. Add tomatoes and boiling water to the bowl with the remaining ingredients.
Mix well
4. Cover and cook on Low as recommended.

Beef in Beer - serves 4 to 6

Low 7 - 9 hours

High 4 - 6 hours

- | | |
|---|---|
| - 1.5 kg stewing steak, trimmed and cubed | - 900 ml boiling beef stock |
| - 2 large onions, peeled and chopped | - 1 bay leaf |
| - 2 cloves garlic, peeled and crushed | - several sprigs of thyme, marjoram and parsley, tied with a string |
| - 250 g button mushrooms, thickly sliced | - salt and pepper to taste |
| - 600 ml brown ale or beer | - 60 ml tomato puree |

1. Place all ingredients in the crock and mix well.
2. Cover and cook on Low or High as recommended.

Coq au Vin - serves 4 to 6

Low 6 - 8 hours

High 3 - 5 hours

- | | |
|---|--|
| - 250 g bacon, diced | - 600 ml red wine |
| - 350 g shallots or onions, peeled and coarsely chopped | - 900 ml boiling chicken stock |
| - 2 cloves garlic, peeled and minced | - 1 bay leaf |
| - 450 g button mushrooms, thickly sliced | - several sprigs of thyme, rosemary and marjoram, tied with string |
| - 8 boneless, skinned chicken breasts | - salt and pepper to taste |

1. Place all ingredients in the crock and mix well.
2. Cover and cook on Low or High as recommended.

Braised Brisket of Beef with Vegetables - serves 4 to 6

High 4 - 6 hours

- | | |
|-------------------------------|---------------------------------|
| - 30 g butter | - 4 carrots, peeled and chopped |
| - 1.5 kg joint of brisket | - 1 litre boiling beef stock |
| - 1 onion, peeled and chopped | - salt and pepper to taste |

1. Place butter in a frying pan and heat, then add beef and brown on all sides.
2. Add vegetables to the pan and cook for 3 minutes
3. Transfer mixture to the crock and add the boiling stock, salt and pepper.
4. Cover and cook on High as recommended.

Lamb and Vegetable Curry - serves 4 - 6

Low 7 - 9 hours

High 4 - 6 hours

- | | |
|----------------------------------|---|
| - 1 kg lean lamb, cubed | - 30 to 45 ml curry powder, or to taste |
| - 2 onions, peeled and chopped | - 3 ml chilli powder (optional) |
| - 250 g potato, peeled and diced | - 1.2 litres boiling meat stock |
| - 4 carrots, peeled and sliced | - 60 ml tomato puree |
| - 250 g cauliflower florets | - salt and pepper to taste |

1. Place all ingredients in the crock and mix well.
2. Cover and cook on Low or High, as recommended.

Chilli Con Carne - serves 4 to 6

Low 6 - 8 hours

High 3 - 5 hours

- | | |
|--|---|
| - 30 ml oil | - 2 x 410 g cans chopped tomatoes with liquid |
| - 2 onions, peeled and chopped | - 30 ml tomato puree |
| - 2 green peppers, seeded and chopped | - 1 litre boiling beef stock |
| - 250 g button mushrooms, thickly sliced | - 20 to 30 ml chilli powder or to taste |
| - 1 kg lean minced beef | - salt and pepper to taste |
| | - 1 can red kidney beans, drained |

1. Heat oil in a saucepan, add onion, garlic and peppers and cook for 3 minutes.
2. Add mushrooms and beef, cook for 5 minutes, or until meat is browned.
3. Transfer mixture to the stoneware bowl and add remaining ingredients except kidney beans.
4. Cover and cook on Low or High as recommended, adding the kidney beans about 30 minutes before the end of the cooking time.

Poached Pears with Caramel Sauce - serves 4 to 6

Low 4 - 6 hours

High 3 - 5 hours

- | | |
|-----------------------------|-----------------------------|
| For the Pears | For the Sauce |
| - 8 medium-sized ripe pears | - 50 g butter |
| - 100 g castor sugar | - 90 g brown sugar |
| - 2 litres cold water | - 60 g granulated sugar |
| - 10 ml lemon juice | - 150 g golden syrup |
| | - 125 ml cream |
| | - few drops vanilla essence |

1. Peel pears, leaving the stems. Take a small slice off the base of each pear so they sit upright.
2. Switch on the Cooker to High. Place castor sugar, water and lemon juice in the crock and stir until sugar dissolves.
3. Add pears, cover with the lid and cook on Low or High as recommended.
4. For the sauce, place butter, sugars and syrup in a saucepan and heat gently until sugar dissolves. Then boil 5 minutes and stir in cream and vanilla. Serve with the pears.

Chocolate and Orange Pudding - serves 4 to 6

Low 6 - 8 hours

- | | |
|---------------------------------------|--------------------------------------|
| - 250 g short grain, or pudding, rice | - 100 g castor sugar |
| - 2 litres milk | - grated rind and juice of 2 oranges |
| - 60 g cocoa powder | |

1. Lightly grease the inside of the crock.
2. Combine all ingredients, mixing well, and turn into the crock.
3. Cover and cook on Low as recommended.

Baked Apples - serves 6

Low 4 - 5 hours

High 2 - 3 hours

- 6 medium cooking apples, cored
- 45 ml honey
- 250 ml hot water or hot unsweetened orange juice
- 125 g raisins
- 5 ml cinnamon
- 20 g butter

1. Make a shallow cut around the centre of each apple, through the skin.
2. Stand the apples in the crock. Combine the raisins, cinnamon & butter. Fill the centres of the apples with this mixture.
3. Blend honey with hot water or orange juice. Pour over apples.
4. Cover with lid and cook on Low or High as recommended.

cleaning

Disconnect the appliance from the power supply. Wipe the outside of the base with a damp cloth and polish with a dry one.

Wash the crock and lid in hot soapy water. Food cooked onto the bottom of the crock can be softened by soaking in warm water and then removed with a soft bristled brush. Rinse and dry.

service and customer care

- If the cord is damaged it must, for safety reasons, be replaced by KENWOOD or an authorised KENWOOD repairer.

If you need help with:

- using your slow cooker or
- servicing or repairs (in or out of guarantee)

contact the Kenwood distributor or your authorised Kenwood repairer.

Have your model number ready - it's on the underside of the slow cooker.



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